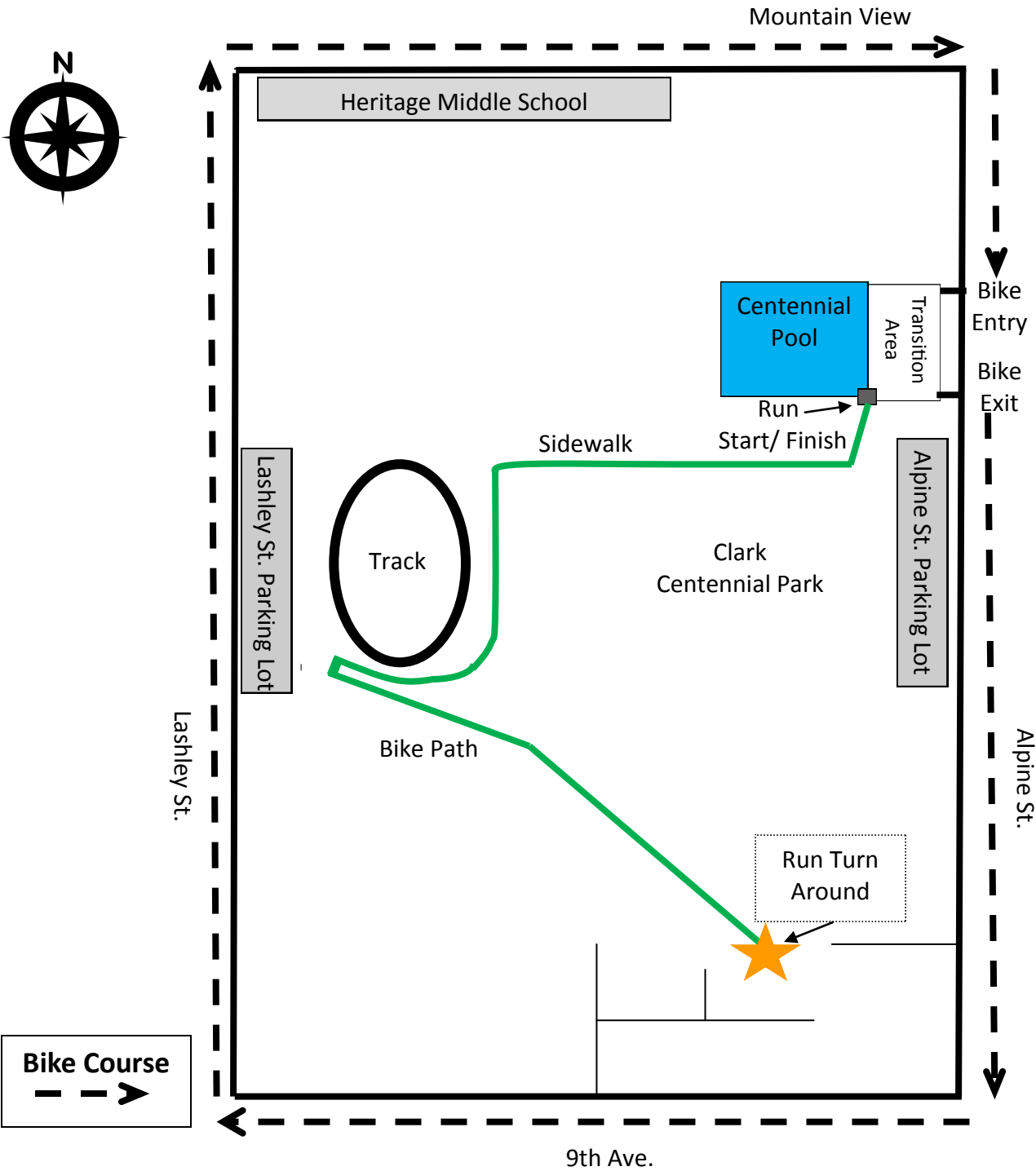


# Longmont Tri-a-Try Course Map



**Tri-a-Try**  
Swim 200 yards= 8 lengths of the pool  
Bike 4.5 miles= 3x around bike course  
Run 2K = Run on side walk and bike path to  
★ and turn around  
Run is — on Map